

## MYOCARDIAL PERFUSION IMAGING TEST

### What is a myocardial perfusion imaging (MPI) test?

A myocardial perfusion imaging test is a nuclear medicine study that is ordered by your doctor. This test helps your physician in determining if you have a blockage in one or more of the arteries that supply blood to your heart.

This exam also allows your physician to visualize whether there has been any damage done to your heart by any problems you may have had previously. This is a three part test: 1) a set of pictures when your heart is at rest, 2) a stress test, 3) a second set of pictures after your heart has been stressed. This procedure can last from 2 to 4 hours depending on how long your body takes to clear the isotopes.

The material used to visualize your heart is a radioisotope. This is not a contrast agent that may cause an allergic response in some people. A radioisotope is a radioactive material that is bound with a specific agent that targets a certain area of the body. A nuclear gamma camera is then used to identify the radioactive material and create an image for the physician to read.

The radiation you will receive from this examination is minimal. It is about the same level as a CT scan would be. The radioisotopes naturally decay over time and are removed from the body through your urine. It is recommended that after the test you drink plenty of fluids to speed this process up and to decrease the amount of radiation exposure you receive.

**If there is any chance that you may be pregnant or breast feeding, notify the technologist before your test.**

### Preparation:

- **Do not consume any caffeine containing products for 24 hours prior to the test. This includes any caffeinated soft drinks, coffee, tea, or de-caffeinated coffee or tea. Do not eat chocolate. Do not take Anacin, Excedrin or BC Powder – these also contain caffeine.**
- No food or drink after for 6 hours prior to the test. It is OK if you have a small drink of water to take any medicines that your doctor has instructed you to take. If your test is after 11:00 am you may eat a light breakfast (cereal, toast or oatmeal with water, milk or juice – no caffeine) before 8:00 am.
- Hold all beta blockers and rate limiting calcium channel blockers for **24** hours before your testing unless otherwise directed by your physician. It is ok to take all other medications.  
**Beta Blockers include: Tenormin/Atenolol, Lopressor/Metoprolol, Toprol-XL, Inderal/Propranolol, Corgard/Nadolol, Normodyne/Labetolol, Ziac/Bisrolol**  
**Rate limiting Calcium Channel Blockers include: Covera/Calan/Verapamil, Adalat/Nefedipine, Cardizem/Diltiazem**
- Wear comfortable clothes and shoes.